

VETERANS AFFAIRS
MEDICAL CENTER
WILMINGTON, DELAWARE

HOW TO GET READY FOR
YOUR COLONOSCOPY

Pick up your prep kit
***Dulcolax/Miralax and
Magnesium Citrate*** at the
pharmacy today.

7 days before the test

Do not take: multivitamins, Iron,
Citrucel, Metamucil, Fiber Con,
herbal/organic medications.

References:

Jason B. Samarasena, MD, V. Raman
Muthusamy, MD, M. Mazen Jamal, MD,
MPH

Disclosures

Am J Gastroenterol. 2012;107(7):1036-
1042.

<http://www.endonurse.com/galleries/2012/10/is-a-split-dose-prep-better.aspx>

2 days before the procedure

Low fiber diet: White bread, pasta,
cereals, white rice, well cooked
vegetables that do not have skins,
seeds or pulp, tender ground and
well cooked meat, fish, and poultry,
milk, yogurt, mild cheese, cottage
cheese, margarines, butter,
vegetable oil, mayonnaise, gravies,
dressings, broth, strained soups
and pulp free juices.

1 day before the procedure

**You will need to be on a clear
liquid diet for the entire day.**

**NO SOLID FOOD, MILK OR MILK
PRODUCTS. (avoid red/orange)**

Clear liquids include: tea, coffee
(sugar is allowed), bouillon, broth,
water, apple juice, white grape
juice, cranberry juice, soda (7up,
sprite, or ginger ale), Kool aide,
Crystal Light, Gatorade, ice pops,
Italian water ice, or jell-o.

AT _____ 3pm _____: Take **three
tablets of Dulcolax.**

AT _____ 4pm _____: Mix the 238
grams of Miralax with 64 ounces
(half gallon) of water or clear Liquid
beverage (no red/orange). Drink
slowly so that you do not become
nauseated. When finished drinking
the Miralax mixture, **take three
more tablets Dulcolax.** Continue
to clear liquids up to Midnight.

AT _____ 8pm _____ drink the
Magnesium Citrate

**NO DRINKING AFTER
MIDNIGHT!!**

Day of Exam

Do not eat or drink the day of the
exam except to take your regular
medications with a small ***sip***
(tablespoon). If your procedure is
scheduled after **12noon** you may
have **one cup** of clear liquid
beverage at **6 am** and **nothing
after that. Leave your jewelry
and valuables at home. Report to
GI Procedure Check-in Desk on
the 3rd floor** the day of exam **with
your driver (Public
transportation is not acceptable)
a friend or relative must stay
here and be responsible for you
after the procedure.** You will
receive sedation the day of exam.
You cannot drive or operate
machinery or go to work for 24
hours. Someone needs to be with
you for 24 hours after your exam.

**YOUR DRIVER NEEDS TO
WAIT
HERE FOR YOUR
PROCEDURE TO BE
COMPLETED**

If you need to cancel and
reschedule your appointment; call
48 hours in advance at **1-800-461-
8262 EXT 5376 or locally at 633-
5376** 7:30-4:00pm to speak with
the clerk. If you get an answering
machine, leave your name, last
four, and phone where you can be
reached.

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